

CLAIMS

What is claimed is:

1. An exerciser apparatus comprising:

5 a pair of jump rope exerciser handles that simulates the effects of jumping rope, each handle forming a linearly elongated grasping member having a first end opposite a second end aligned along a symmetrically balanced central axis; at least one weighted ball;

10 a donut-shaped enclosure mounted to said handle along and perpendicular to said symmetrical axis, said enclosure forming a circular outer sidewall annularly separated from a circular inner sidewall such that said outer sidewall and said inner sidewall bound and form smooth inner channel that retain and guide said weighted ball such as to form a circular track perpendicular to and symmetrically about said centerline of said handle.

15 2. The exerciser of Claim 2, further comprising:

a flexible stretching member attached at said first end.

3. The exerciser of claim 3, further comprising:

a hollow chamber formed in said handle;

20 said first handle end forming a chamber orifice to provide access to said hollow chamber;

a threaded end cap threadably engaged with a threaded neck portion to seal the hollow chamber;

4. The exerciser of Claim 4, where said flexible stretching member retained
5 at each end within said chamber by terminated each end with an anchor means
and retaining one anchor means within a chamber of each said handle.

5. The exerciser of Claim 1, further comprising a timer incorporated within
said handle.

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